

Hriday

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Abstract

Hriday has different connotation to different people, to *Rishis*, it is One or his or her deity, for a physician it is a part of the body, to a poet or a lover, it is the lover. In aesthetics, it is the core of *Rasa*, *Rasika* and *Rasawant*, all at once. In the Vedic tradition it has been at the centre stage, right from the very beginning, but unfathomable to most but Vedic Rishis or seers. In the Veda, *Hriday* is equated to Divine, *manas*, cosmos both micro and macro, the non-living and living being, and to *Brahman*. Whole of the cosmos is interlinked with the central core, the *Hriday*. Even in Ayurveda and modern medical sciences, *Hriday* has been a controversial issue. Pragmatically, Brain and Heart, share almost equal claims to be synonymous to *Hriday*. Two *Hriday* have been accepted, namely *UroHriday* and *SiroHriday*, the seat of *Buddhi*, *Manas*, *Chetana* and *Indriya*. It is also proposed that there are two brains, one in cranial cavity and other is situated in *Hriday* itself. Here we take up Rig Veda 10.129.04, from the *Nasadiya Sukta*, one of the most famous hymns on cosmogony, also misleadingly called, the creation hymn as the starting point. The structure of the hymn is such that the verses 1, 6 and 7 put forward unanswered questions on cosmogony and the verses 2 to 5, placed in the middle of the hymn, provoke the wisdom by leading into the, *Hriday* with a view that the seeker will find the answer on his or her own. Sayana /Wilson, rendered it as, " In the beginning there was desire, which was the first seed of *manas*; sages having meditated in their *Hriday* have discovered by their wisdom the connexion of the existent with the non-existent." A careful review of scholarship and interpretation of this hymn during the last few centuries, reveals that the *Manas-Hriday* interaction is still a mystery. To have a deeper insight, a careful study of *Manas-Hriday antahkriya*, is indispensable. Our knowledge depends on our *jnanendriyas*. Paper ponders in some facts from *Rigveda* and *Ayurveda* to lay a few bricks to the bare foundations of the core of Vedic Cosmogony and *Ayurveda*.

Keywords: Hriday, Heart, Agni, brain, Manas, Charak, Sushrut, Vagabhatta, Ayurveda, Rigveda, Marma, Trimarmsiddhi, Paripalanam, Sadhaka Pitta, Manovaha, Sanjnavaha Srotas. Triguna, Tridosha, Mahabhoot